



Tips for Writing an OHP Compliant Menu

Making certain the menu is written correctly will expedite the application process and possibly prevent returning the application for clarifications or edits.

Here are tips to help ensure the menu meets the OHP criteria:

- Only **one week's** menus need to be uploaded into the OHP application. Menus must include all foods and beverages served for meals and snacks.
- **Packed food:** If a program doesn't serve food, and families pack, programs must upload their packing policy that specifically states that packed meals/snacks/celebration foods must comply with the OHP Criteria. The dated policy is uploaded in the Prior and Current Menu sections of the application. A different healthy policy must be uploaded in the Healthy Policy section of the application. Policies must include the date of implementation.
 - **Sample Packing Policy:** *Childrens' meals and snacks must meet the Ohio Healthy Programs menu guidelines. When noncompliance occurs on a regular basis the family will be notified.*
 - Provide families with *Packing Guidelines-Child Care Action Kit*, included in this document.
- **Food is catered:** Catered food must meet the OHP menu criteria and menus uploaded.
- **School district provides food:** Food provided by a school district must meet the OHP criteria and menus uploaded.

CLARIFYING MENU ITEMS *If menus are not written as noted below, the application may be returned for clarification or edits.

Vegetables – Requirement: A different non-fried vegetable served each day of the week.

A different vegetable can be served at any meal or snack and needs to be named on the menu.

- If serving a **vegetable mix**, i.e., Mixed Vegetables, Oriental Blend, California Blend, etc., please specify what vegetable is in the mix that is different than what is served on other days. For instance, if you served Mixed Vegetables on Monday, then again on Thursday, but Thursday's serving had Lima Beans, write **"Mixed Vegetables with Lima Beans."** You cannot serve the same mixed vegetables more than once a week unless a different vegetable is added.
- If the vegetable is a **potato** that is typically fried (i.e., French Fries), but you are making them from scratch and baking them, write the item as **"HM Baked French Fries."** (HM-Home Made).
- **Potatoes** are vegetable serving. All types of preparations are considered potato, so if mashed potatoes are served one day, you could **not** serve baked potatoes, French fries, tater tots (etc.) on another day, unless you served an additional, different vegetable.

Fruits - Requirement: A different whole fruit served every day of the week.

A different fruit can be served at any meal or snack and needs to be named on the menu.

- If serving **Mixed Fruit**, Fruit Salad, Fruit Cocktail, etc. indicate which fruit in the mix is different from those served on other days. For instance, on Monday you served Mixed Fruit, then again on Thursday, but this serving had Pineapple, write **"Mixed Fruit with Pineapple."** You cannot serve the same mixed fruit more than once a week unless a different fruit is added.
- A different variety or preparation of the **same fruit does not meet the requirements**. For example, apple slices and applesauce are the same fruit and do not count as a different fruit for the menu. Oranges, Tangerines, and Clementines are the same fruit.

Fried Foods – Requirement: Limit fried foods to no more than once a week.

Although foods may not be deep-fried on site, some frozen foods that are baked to serve, were pre-fried during processing and are therefore considered fried.

Examples include: French Fries • Hash Browns • Tater Tots • Potato Wedges • Chicken Nuggets • Chicken Patties • Fish Sticks • Breaded Fish • French Toast Sticks • Pizza Rolls • Chips • Tortilla Chips • Hard Taco Shells • Doughnuts • Egg Rolls • Cheetos • Cheese Puffs • Ramen Noodles

Fried foods, like those listed above, **can be served once a week**. If you are serving a "typically fried food" and you are making it from scratch and baking it, this needs to be clear on the menu. Consider the following wording in these cases:

For foods that are made by scratch, clarify on menu:	Write: (HM=Home Made)
French Fries, Hash Browns, potato wedges	"HM and baked"
Chicken nuggets, patties, Fish sticks, breaded fish	"Unbreaded and baked," or "HM and baked"
Chips, Tortilla Chips	"Baked"
Tortilla	If Corn, specify "soft" If Flour, specify "flour" or "soft"

Whole Grains – Requirement: Serve one whole grain food every day of the week.

- Write "WG" before your whole grain item or "WW" for whole wheat, i.e., WG bread, WW pancake, WG English muffin, WG pasta.
- You must check packaging to ensure the item is whole grain/whole wheat. Brown bread doesn't mean it is whole grain.
- Kellogg's Cheerios, General Mills Kix, shredded wheat cereal, oatmeal, and brown/red/black rice are whole grain so 'WG' doesn't need to be written on the menu. If you're not sure, it's always best to add 'WG' or 'WW' in front of your whole grain item.

Cereals - Serve only hot/cold cereals with 6g of sugar or less per dry ounce.

- Cold/Hot Cereals must be listed on the menu in one of two ways:
 1. Write "All cereals are selected from the WIC approved cereal list" at the top or bottom of the menu, if the WIC list is followed, OR
 2. Identify the cereal by the full brand name, i.e., Cheerios, Quaker Unflavored Instant Oatmeal. (If a cereal is a generic brand, write the brand name name.)
- Be sure to list if oatmeal is flavored or unflavored, and the brand name and flavor.

Juice – Requirement: *Limit 100% juice to no more than 4-6 fl oz a day.*

- Write “100%” and type of juice on the menu, i.e., “100% apple juice.”
- The portion (ounce size) must be included on the menu. This can be done each time juice is written on the menu OR write at top or bottom of the menu “*Juice portions are limited to no more than 4-6 ounces per day.*”

Milk – Must be written “*unflavored milk.*”

Highly processed meat - *Do not serve any highly processed meat, regardless of animal type.*

- If serving food that likely contains highly processed meat, i.e., pizza or pizza rolls (pepperoni), clarify on the menu that it does not contain highly processed meat. For instance, instead of “*Pizza,*” write “*Cheese Pizza.*” It must be identified that it does not contain highly processed meat.
- Turkey bacon, chicken hotdogs, turkey sausage, etc. are considered highly processed meat and not permitted on an OHP menu. See the OHP Designation Requirements for more information on highly processed meat. <https://ocrra.org/about/ohio-healthy-programs/>

Snacks: See the *Snack-Child Care Action Kit* at the end of this document for the amount from each food component according to the different age groups.

PACKING GUIDELINES

If your program relies on parents to supply meals and/or snacks, the following language may be implemented to ensure food brought in meets OHP Menu Requirements:

Please help us by making sure your child's meals and snacks meet the Ohio Healthy Programs menu guidelines. When a food group is missing from your child's lunch, [Center's name] will offer the child the appropriate food. When noncompliance occurs on a regular basis, we will notify you.

Lunch/Supper

Each child's meal brought from home must contain the following amount from each food component, according to the different age groups:

Food Group	1 - 2 Years	3 - 5 Years	6 - 12 years	Examples of healthy foods												
Milk, Fluid, Unflavored	1/2 Cup	3/4 Cup	1 Cup	<ul style="list-style-type: none"> For children under 2: whole milk For children 2 and up: 1% or skim milk 												
Meat or Meat Alternate	1 oz.	1 1/2 oz.	2 oz.	<ul style="list-style-type: none"> Natural Cheese Chicken (grilled or baked) Lean beef, in meat sauce or hamburger Tuna, fresh or canned Hardboiled egg (1 large egg = 2 oz.) 												
	1/4 Cup	3/8 Cup	1/2 Cup	<ul style="list-style-type: none"> Cooked beans or refried beans Cottage Cheese 												
	4 oz.	6 oz.	8 oz.	<ul style="list-style-type: none"> Plain or low-sugar yogurt 												
	2 Tbsp.	3 Tbsp.	4 Tbsp.	<ul style="list-style-type: none"> Peanut or other nut butter 												
	1/2 Cup	3/4 Cup	1 Cup	<ul style="list-style-type: none"> Bean soup 												
Breads/Grain s/ Pasta/Rice	1/2 Slice	1/2 Slice	1 Slice	<ul style="list-style-type: none"> Whole grain bread Whole grain English muffin 												
	1/4 Cup	1/4 Cup	1/2 Cup	<ul style="list-style-type: none"> Brown rice Whole grain pasta Oatmeal 												
	1/3 oz.	1/2 oz.	1 oz.	<ul style="list-style-type: none"> Whole grain bagel (1/2 of regular-sized bagel = 1 oz. grain) Whole grain tortilla (1 6-inch tortilla = 1 oz. grain) 												
Fruit	1/8 Cup	1/4 Cup	3/8 Cup	<ul style="list-style-type: none"> Fresh or canned fruit, sliced, chopped <table style="margin-left: 20px; border: none;"> <tr> <td>Apple</td> <td>Pears</td> </tr> <tr> <td>Peaches</td> <td>Melon</td> </tr> <tr> <td>Blueberries</td> <td>Pineapple</td> </tr> <tr> <td>Strawberries</td> <td>Clementines</td> </tr> </table> Applesauce 	Apple	Pears	Peaches	Melon	Blueberries	Pineapple	Strawberries	Clementines				
Apple	Pears															
Peaches	Melon															
Blueberries	Pineapple															
Strawberries	Clementines															
Vegetable	1/8 Cup	1/4 Cup	3/8 Cup	<ul style="list-style-type: none"> Raw or cooked vegetable, chopped <table style="margin-left: 20px; border: none;"> <tr> <td>Cauliflower</td> <td>Tomatoes</td> </tr> <tr> <td>Peppers</td> <td>Sweet potato</td> </tr> <tr> <td>Broccoli</td> <td>Green beans</td> </tr> <tr> <td>Sugar snap peas</td> <td>Collard greens</td> </tr> <tr> <td>Cucumber</td> <td>Eggplant</td> </tr> <tr> <td>Zucchini/Squash</td> <td>Salad greens</td> </tr> </table> Vegetable soup (1 cup soup = 1/4 cup vegetable) 	Cauliflower	Tomatoes	Peppers	Sweet potato	Broccoli	Green beans	Sugar snap peas	Collard greens	Cucumber	Eggplant	Zucchini/Squash	Salad greens
Cauliflower	Tomatoes															
Peppers	Sweet potato															
Broccoli	Green beans															
Sugar snap peas	Collard greens															
Cucumber	Eggplant															
Zucchini/Squash	Salad greens															

Snack

Each child's snack must contain two of the following amount from each food component, according to the different age groups:

Food Group	1 - 2 Years	3 - 5 Years	6 - 12 years	Examples of healthy foods														
Milk, Fluid, Unflavored	1/2 Cup	1/2 Cup	1 Cup	<ul style="list-style-type: none"> For children under 2: whole milk For children 2 and up: 1% or skim milk 														
Meat or Meat Alternate	1/2 oz.	1/2 oz.	1 oz.	<ul style="list-style-type: none"> Natural Cheese Tuna, fresh or canned Hardboiled egg (1 large egg = 2 oz.) 														
	2 oz.	2 oz.	4 oz.	<ul style="list-style-type: none"> Plain or low-sugar yogurt 														
	2 Tbsp.	3 Tbsp.	4 Tbsp.	<ul style="list-style-type: none"> Peanut or other nut butter 														
Breads/Grain s/ Pasta/Rice	1/2 Slice	1/2 Slice	1 Slice	<ul style="list-style-type: none"> Whole grain bread Whole grain English muffin 														
	1/3 oz.	1/2 oz.	1 oz.	<ul style="list-style-type: none"> Whole grain bagel (1/2 of regular-sized bagel = 1 oz. grain) Whole grain tortilla (One 6-inch tortilla = 1 oz. grain) Whole grain breakfast cereal (3/4 cup cereal = 1 oz.) 														
Fruit	1/2 Cup	1/2 Cup	3/4 Cup	<ul style="list-style-type: none"> Fresh fruit, sliced, chopped <table border="0" style="margin-left: 20px;"> <tr> <td>Apple</td> <td>Pears</td> </tr> <tr> <td>Peaches</td> <td>Melon</td> </tr> <tr> <td>Blueberries</td> <td>Kiwi</td> </tr> <tr> <td>Strawberries</td> <td>Pineapple</td> </tr> <tr> <td>Clementines</td> <td>Plums</td> </tr> </table> Applesauce 	Apple	Pears	Peaches	Melon	Blueberries	Kiwi	Strawberries	Pineapple	Clementines	Plums				
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Cauliflower	Tomatoes																	
Peppers	Sweet potato																	
Radishes	Cabbage																	
Broccoli	Green beans																	
Sugar snap peas	Collard greens																	
Cucumber	Eggplant																	
Zucchini/Squash	Salad greens																	

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM - Whole Grain Cereal with Milk PM - Bananas and Whole Grain Crackers	AM - Whole Wheat Animal Crackers and Unsweetened Applesauce PM - Rice Cakes, and Milk	AM - Yogurt and Peaches (in own juice) PM - Black Beans and Brown Rice	AM - Whole Wheat English Muffins w/All Fruit Jam and Milk PM - Edamame and Whole Wheat Crackers	AM - Whole Grain Cereal with Milk PM - Pretzels and Cucumber Slices
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM - Frozen Strawberries and Low Fat Yogurt PM – Whole Wheat Tortillas with Black Beans	AM - Unsweetened Applesauce and Milk PM - Low Fat Cream Cheese, Whole Wheat Crackers and Milk	AM - Whole Grain Toast and Scrambled Eggs PM - Quinoa Pilaf with Mixed Vegetables	AM - Mandarin Oranges (in own juice) and Milk PM - Whole Grain Cereal Mix and Cucumbers	AM - Multi Grain Cheerios Cereal with Milk PM - Carrots and Celery Sticks with Low Fat Ranch Dip and Milk
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM - Multi Grain Life Cereal with Milk PM - Apple Slices and Cheddar Cheese Sticks	AM - Whole Grain Mini-Bagels with Low Fat Cream Cheese and Milk PM – Baby Carrots and Hummus	AM – Yogurt with Canned Pineapple (in own juice) PM - Black Bean and Whole Grain Flour Tortilla Roll-Ups	AM - Bran Muffins and Milk PM – Whole Grain Cereal Mix and Peaches (in own juice)	AM – Multi Grain Cheerios and Milk PM - Multigrain Crackers and Pears (in own juice)
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM – Whole Grain Cheerios with Milk PM – Carrots and Low Fat Ranch Dip with Milk	AM - Egg and Potato Casserole with Whole Wheat Toast PM - Apples and Cheddar Cheese Cubes	AM – Whole Grain Toast and Pineapple PM – Baked Sweet Potato Wedges and Milk	AM - Low Fat Yogurt and Frozen Strawberries PM - Rice Cakes and Green Beans	AM - Multi Grain Cheerios Cereal with Milk PM - Graham Crackers and Unsweetened Applesauce
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				

Snack Menu

Date:

Monday	Tuesday	Wednesday	Thursday	Friday
AM - Clementines and Low Fat Yogurt PM – Whole Grain Corn Chips and Tomato Salsa	AM - Bananas and Milk PM - Whole Grain Pasta with Tomatoes	AM - Scrambled Eggs and Whole Wheat Toast PM - Quinoa Pilaf with Mixed Vegetables	AM - Apple Cinnamon Oatmeal and Milk PM – Roasted Chick Peas and Peaches (in own juice)	AM - Multi Grain Cheerios Cereal with Milk PM - Cucumber Slices, Green Pepper Strips and Hummus
USDA Snack Portion Requirements - Choose 2				
No sugar-sweetened beverages are served at this center. All milk served is unflavored.				